

ADULT INFORMED CONSENT TO PARTICIPATE IN RESEARCH

Title of Study: Measuring Real Effort and Estimating Marginal Value for Daily Life Activities

Members of the Research Team

Principal Investigator:

Dustin Tracy, Ph.D.

Research Associate, Economic Science Institute

tracy@chapman.edu

Other Investigators:

Stephen Rassenti, Ph.D.

Professor of Economics and Mathematics; Economic Science Institute Director

rassenti@chapman.edu

Tristan Tran

Research Assistant, Economic Science Institute

tran260@mail.chapman.edu

Jeffrey Kirchner

Senior Software Engineer, Economic Science Institute

kirchner@chapman.edu

Study Coordinator:

Megan Luetje

Research Lab Manager, Economic Science Institute

luetje@chapman.edu

714-628-2848

Key Information

You are being asked to take part in a research study. Research studies include only people who choose to take part. A member of the research team will explain the study to you and will answer any questions you might have. You should take your time in deciding whether or not you want to participate.

If you agree to participate in this study, the project will involve:

- Chapman University students, Adults 18 years or older in age residing in the United States
- As a participant in this study, you will be provided with a Fitbit device and you will need to wear it daily to record your physical activity and sleep.

- The study will take place entirely online. It will require a cellphone with Bluetooth capability, daily online interaction for 1-10 minutes, and wearing a Fitbit continuously for the duration of the study. You will need to submit a mailing address to receive the Fitbit which you must return at the end of this study. You must grant the study permission to access your Fitbit data.
- The study will last approximately 49 days: 1 week of instruction and setup and 6 weeks of daily input. There will be one initial Zoom session at the start. The remainder of the study will take place daily via online input completed using your cellphone.
- The Zoom session will take 90 minutes or less. The daily online component will require 1 – 10 minutes of your time.
- There are no risks associated with this study that exceed what would typically be encountered in daily life.
- You will receive \$7 for arriving on time to the Zoom session, \$5 for completing the pre-study questionnaire, and \$7 for setting up and granting Fitbit permissions. The online component will pay at least \$4 daily for your input.
- Payment will be paid electronically via PayPal, so must have a PayPal account linked to your Chapman email address.
- There will be a post-study questionnaire at the end of the study.
- You will be provided a copy of this consent form.

Invitation

You are invited to take part in this research study. The information in this form is meant to help you decide whether or not to participate. If you have any questions, please ask.

Why are you being asked to be in this research study?

You are being asked to be in this study because you are a Chapman University student. You must be 18 years of age or older to participate.

What is the reason for doing this research study?

The purpose of the research is to better understand how (1) participants allocate time between healthy activities and other normal life activities and (2) what effect monetary incentives have.

What will be done during this research study?

The study will last approximately 49 days.

There will be one Zoom session at the start.

The Zoom session will include instructions verbally as well as on the computer. You will complete a pre-study questionnaire. If you decide to participate, you will need to provide your mailing address in order to receive the Fitbit.

You will be mailed a Fitbit device to monitor physical activity and sleep which you must wear for the duration of the study. We can only mail a Fitbit to a domestic mailing address located in the United States.

You will need to upload the Fitbit app on your cellphone and link your Fitbit through the app within one week. You must then grant Fitbit data permission to the study via the study website.

You will be required to access the study's website daily to sync your Fitbit data. This will require 1-10 minutes.

At the end of the study you will fill out a brief questionnaire.

How will my data be used?

Your data may be sent to researchers outside of Chapman University for data analysis. Any personal information that could identify you will be removed before your data is shared.

What are the possible risks of being in this research study?

As with any study involving collection of data, there is the possibility of breach of confidentiality of data.

Other risks in this research include possible discomfort from wearing the Fitbit, and a small chance of skin irritation due to the Fitbit wrist-worn device. As always, there is a risk of physical injury should you choose to increase your physical activity. For some participants there may be possible emotional and/or psychological distress from answering questions or receiving information about your physical and sleep habits.

There may also be risks which are currently unforeseeable.

If it becomes necessary to collect IP addresses or technical information, you will be notified ahead of time and such information would only be temporarily stored to aid with any technical difficulties should they arise.

What are the possible benefits to you?

You are not expected to get any direct benefit from being in this study. However, the information you receive during the study may help you understand and improve your health behaviors.

What are the possible benefits to other people?

The benefits to science and/or society may include an improved understanding of health behavior, how to better motivate people to adapt healthy behaviors, and how to reduce the overall cost of providing health care services in our society.

What are the alternatives to being in this research study?

Instead of being in this research study you can choose not to participate.

What will participating in this research study cost you?

There is no cost to you to be in this research study.

Will you be compensated for being in this research study?

You will receive \$7.00 for arriving on time to the Zoom session. You will receive \$5 for completing the pre-study questionnaire. You will receive \$7 for setting up your Fitbit and granting data access permission.

The remainder of the study will take place online and involve daily uploading of your Fitbit data. You will be paid at least \$4 every day you participate online. Compensation for participation in this study is based on your daily input and data. You will be paid electronically via PayPal on the day following your input. You will not be paid for days you do not log in to provide data. If you decide to withdraw from the study or are withdrawn by the research team, you will receive compensation for the days that you have completed.

What should you do if you have a problem during this research study?

Your welfare is the major concern of every member of the research team. If you have a problem as a direct result of being in this study, you should immediately contact one of the people listed at the beginning of this consent form.

How will information about you be protected?

Reasonable steps will be taken to protect your privacy and the confidentiality of your study data.

All electronic files will be saved confidentially on the ESI password-protected and access-restricted computer and/or local area network. No person-identifiable information will be reported in any published or unpublished work. The data is protected in the local area network or computer as secured by the Chapman University login procedures. Access is restricted to the researchers and trained research assistants associated with the Economic Science Institute. Person-identifiable information will be securely stored and deleted when deemed necessary. Non-person identifiable data may be made publicly available.

The only people who will have access to your research records are the members of the research team, the Institutional Review Board (IRB), and any other person, agency, or sponsor as required

by law. Information from this study may be published in scientific journals or presented at scientific meetings but the data will be reported as group or summarized data and your identity will be kept strictly confidential. We cannot guarantee total privacy.

What are your rights as a research subject?

You may ask any questions about this research and have those questions answered before agreeing to participate in the study or during the study.

For study related questions, please contact the investigator(s) listed at the beginning of this form.

For questions concerning your rights or complaints about the research, contact the Institutional Review Board (IRB) at (714) 628-2833 or irb@chapman.edu.

What will happen if you decide not to be in this research study or decide to stop participating once you start?

You can decide not to be in this research study, or you can stop being in this research study for any reason (i.e., “withdraw”) at any time before, during, or after the study begins. Deciding not to be in this research study or deciding to withdraw will not affect your relationship with the investigator or the Economic Science Institute or with Chapman University. If you leave before the study ends, you are only guaranteed your participation fee and payment paid until you leave.

Documentation of informed consent

You are voluntarily deciding whether or not to be in this research study. Signing this form means that (1) you have read and understood this consent form, (2) you have had the consent form explained to you, (3) you have had your questions answered, and (4) you have decided to be in the research study. You will be given a copy of this consent form to keep.

Printed Name of Participant or Legal Guardian

Signature of Participant or Legal Guardian

Date